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Abby Jenkins | Staff Photographer

Greenville freshman Samantha Campbell walks across campus on April 17 near Brooks Hall. Campbell said she was heading toward Starbucks in the University Center.

On the cover

Photo illustration by Caroline Sharbaugh | Presentation Editor

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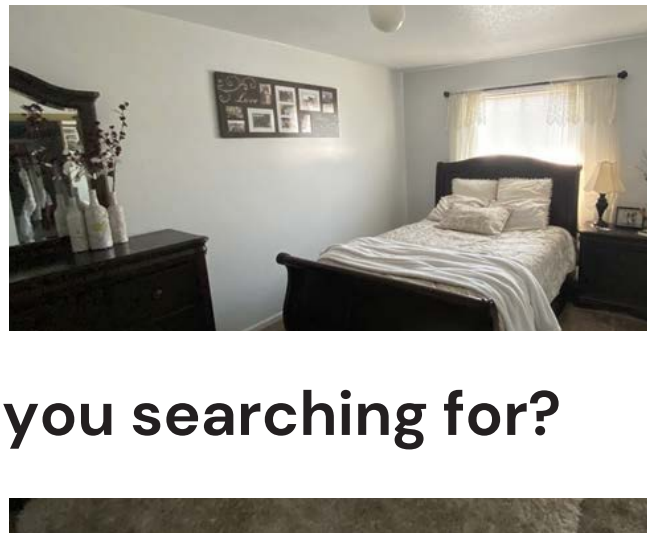
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On an all new episode of Level Up Chips, Max and Mike talk about their love, distaste and confusion when it comes to bargain-bin games.



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'We rise by lifting others'

How R.I.S.E. supports survivors of domestic abuse, sexual assault

By Patrick Bouman
News Editor

As a child, Marcella Lloyd survived living in a household with domestic violence.

"My father was a heavy alcoholic and I always felt like I didn't have a voice," Lloyd said. "Everybody has their own stuff. We all go through different trials and tribulations throughout life, and it's how you handle those trials and tribulations that matters. I feel that what I went through provided me a chance to fight back and help other people who also feel like they don't have a voice."

Now, Lloyd is fighting back as the executive director of R.I.S.E. Advocacy, a nonprofit that helps survivors of domestic violence and sexual assault. Because of her own experiences, Lloyd said she

is passionate about her work, especially when working with children.

"I understand it more personally and in-depth from a child's perspective," Lloyd said. "You literally have no control over anything that happens. I've always had a passion to take what I've gone through in life to help somebody else and to show them they do have a voice and that things can change."

"There are good, healthy relationships out there. You don't have to continue the cycle."

R.I.S.E. works within Isabella, Clare and Gratiot counties and helps people of all demographics. The organization provides free counseling, advocacy, legal help and shelter for its clients. The R.I.S.E. acronym stands for respect, independence, safety and empowerment, Magdalena Lopez said, the sexual assault response team coordinator for R.I.S.E.

"These are the spaces where we have conversations about family dynamics, about sexual assault, about stalking," Lopez said. "There's no judgment. There's no repercussions for telling us that someone was incredibly violent to you. We're not going to turn around and call the police. This is the space to have that conversation so that they can debrief and figure out what it is they need for themselves, and then we can help them get to that."

One of the most important parts of how R.I.S.E. works is called the empowerment model, Lopez said. Under the model, R.I.S.E. staff will almost never force any decisions on their clients, which includes calling emergency services. Lopez said the only exception to this is if the client is an immediate threat to their own safety or someone else's.

In cases as extreme as suicidal thoughts, Lopez said R.I.S.E. staff's first

reaction is not to hospitalize the person. First, they will assess the person's situation, asking questions like: "Do you have the means to commit suicide?" "Do you have a plan?" "Do you have a time frame?" There is a difference between being actively suicidal and "suicidal ideation," Lopez said.

"If someone is actively suicidal – we've gone through the assessment, we can't do a safety contract with them because it's not safe – then we will call an ambulance or go to the hospital with them and assist them with checking in," Lopez said. "I've accompanied people to the hospital because they had thoughts of self harm."

Giving clients more control over their care is part of being trauma-informed, Lopez said. When R.I.S.E. gets in contact with new clients, one of their first

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Let's talk about it

As Sexual Assault Awareness Month ends, educate yourself

Sexual assault and domestic violence are both taboo subjects that, frankly, many of us do not want to believe are happening right under our noses.

But we need to acknowledge them. These issues happen in Mount Pleasant, and they happen more often than you think.

April is Sexual Assault Awareness month, so let's talk about what these issues mean for our community.

Magdalena Lopez is the sexual assault team coordinator for R.I.S.E. Advocacy, a nonprofit that supports survivors of sexual assault and domestic violence in Isabella, Clare and Gratiot counties. She said the stereotype of these situations is that a man is always the perpetrator and a woman is the victim of their abuse.

While this is statistically more likely, she said, it is important not to forget that all people can be victimized by abuse.

Sexual assault and domestic violence also happen to men, LGBTQ+ people, people of all races and people in positions of power, she said. Lopez said R.I.S.E. works with clients as young as four years old, and she has seen clients as old as 92.

"It does not matter," she said. "However you identify, no one should be experiencing domestic violence or sexual assault."

Domestic violence can be especially complicated on

an emotional level.

"Once you're in it, it can get real dangerous, real quick," Lopez said. "Or it can be super subtle and you won't see it for years and then you realize what's going, but now you're years into this. It might be really difficult for that person to try to reel it back and get some of that control back."

It takes people between seven and 11 times of leaving and returning to an abusive relationship for them to finally escape their situation, Lopez said.

Sexual assault can cause trauma that lasts a lifetime, and survivors may struggle to regain a sense of safety and control in their lives.

If you feel like you are alone – like you have nowhere to go – there are people here in your community that can help.

Central Michigan Life and the Society of Professional Journalists at Central Michigan University have spent the past year learning about the effects of sexual assault

and domestic violence in our community, as well as the resources available for survivors.

We hope that our reporting will show this community the truth of these issues and guide survivors towards help. Apart from the stories in this edition, you will be able to find our reporting on [cm-life.com](#). You can also scan the QR code on page six to find a website created by our SPJ chapter, which contains all of our work.

At 6 p.m. today, April 27, you can also find us in the Park Library's Opperman Auditorium for a presentation of this project. The event is free and open to the public.

Remember, there is a reason you are a survivor, not just a victim. Everything that you have endured will always be a part of you, but that does not mean you cannot find a path to healing.

There are healthy relationships out there. You can regain control of your life. You are not alone.



R.I.S.E. |

CONTINUED FROM 04

priorities is to make a “safety plan” to help protect them from further harm, she said. This is especially important if the client needs to leave a harmful situation at home.

“While we’re working on getting you connected with a housing specialist, or the legal advocate, or our counselor, in the meantime, what can we do to put a safety plan in place?” Lopez said. “Is it checking in every couple of days, or if things escalate, do you have a person that you can call? Is it preparing to leave? Is

it making sure you have birth certificates, Social Security cards packed in a bag and then hiding that bag in your car or at a friend’s house?”

“It varies from each situation and we’re not going to just hang up on someone and say ‘Sorry, I can’t help you.’”

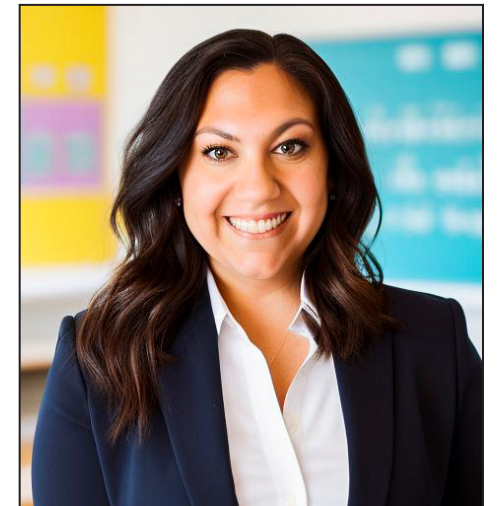
R.I.S.E. has a 24/7 crisis phone line at (844) 349-6177. The number can be used to ask about any of the organization’s services, including its shelter.

There are 11 beds in the shelter, and availability can change at any time, Lopez said. People stay anywhere between a weekend to months at a time, depending on their situation. Lopez said lethality is an important factor in prioritizing who to help first.

“Obviously, all domestic violence is bad,” Lopez said, “but if I get two calls at the same time and someone is discussing manipulative, controlling behavior, and someone else is saying, ‘I was strangled,’ based on how the conversations might go, the one who has experienced strangulation would probably be the one admitted into shelter, and then we would try to accommodate the second person as well.”

An example of an alternative to the shelter could be staying at a friend’s house, Lopez said. R.I.S.E. can also contact other shelters in Michigan on clients’ behalves to help get them shelter.

R.I.S.E. workers will often visit hospitals alongside clients for medical exams.



Marcella Lloyd Courtesy photo



Stock Photo with assests from shutterstock

“There are good, healthy relationships out there. You don’t have to continue the cycle.”

Marcella Lloyd
Executive director of R.I.S.E

Lloyd said this service is important because many healthcare workers are not taught how to help patients with trauma.

“With sexual assault and domestic violence, depending on the severity, you have vulnerable populations going through the healthcare sector,” Lloyd said. “What I’ve noticed – just personal experience and working in healthcare – not everybody’s taught how to handle those extreme, vulnerable situations and how to handle the psychological component outside of the medical component.”

Krysta Carabelli helps the community with a similar problem in law enforcement. She works for R.I.S.E. as a counselor, while also spending time in the Mount Pleasant Division of Public Safety as a social crisis advocate. Carabelli said her position is unique among other communities because she is able to work alongside police officers to help victims.

Carabelli said when police are responding to domestic violence or sexual assault calls, they are able to contact her if they think the victim needs psychological care.

“We would go and sit with somebody and do that crisis intervention,” Carabelli said. “Let them tell us about what’s been going on in their life, help them safety plan. What do we do if (the perpetrator) is in jail today, but bails out tomorrow? How do you start to take control of your life in terms of finance? Where am I going to live? If the perpetrator has everything in their name, what do I have left? What do I do?”

Carabelli said R.I.S.E.’s confidentiality policy extends to this part of her job:

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R.I.S.E. |

CONTINUED FROM 05

After the police refer survivors to her and they become R.I.S.E. clients, she does not automatically report anything the client says to the police.

"I'm not going to tell the police a dang thing about anything I'm doing at R.I.S.E. with any of my clients unless that client explicitly says it's OK to do so," Carabelli said.

Another R.I.S.E. service is legal assistance, formerly led by Rachel Eisenberg, who is now the program manager.

"The legal system can be really intimidating, especially when you're coming from a place of trauma and just a whole background of abuse," Eisenberg said. "A lot of times the court process is confusing and it can be very long ... and when you have to face an abuser, potentially that could be even dangerous, overwhelming ... triggering."

Lloyd said funding for R.I.S.E. comes from community, state and federal grants and private donors.

"We need the help of the community to do what we do," Lloyd said. "Grants alone do not cover all of our costs. A lot of times, those grants will cover our workers, but not anything on the administrative side. They do help a little bit as far as rent, utilities – that type of thing – but as I think everyone knows, there's never enough money in nonprofits to go around. You get creative in how you utilize the funds that you have, and then how to utilize community partnerships in areas that you can't fund."

Lloyd said she wishes R.I.S.E. had more funding so it could do more for the community. Right now she said, R.I.S.E. has "definitely learned how to stretch a dollar."

According to a recent annual report, R.I.S.E. received about \$1.9 million in contributions from grants and community support between fiscal year 2021 and '22. The report said R.I.S.E. spent about \$1.7 million of that funding on its services.

Another challenge for R.I.S.E. staff is the emotional toll of advocating for survivors.

"I've heard stories of individuals who have been assaulted," Lopez said, "and



Nate Pappas | Visuals Editor
Paul Lauria

when you are given the opportunity by the survivor to be in the room with them while they're going through this (sexual assault) exam, it's one of the most humbling parts of my job that I take very seriously. It's a moment where they're literally in a room with a nurse, giving you the most graphic details of the

grossest thing that someone could do to them.

"The most terrible thing that someone ... can do is take advantage of someone else, and when they're sharing those details, it hits you. We have to feel the things, otherwise we'd be robots and we'd just be writing notes and sending people away."

Eisenberg said legal advocacy takes a person who is patient, flexible and understanding.

"It can be tough," she said. "You hear some sad things, you hear some difficult things. But when you hear those success stories from clients ... it is very fulfilling, and you just feel that you were able to kind of help in those areas that they've been shut down and denied so many times that it's just very rewarding."

Scan this QR code to learn more about this SPJ/CM Life special report.



Local resources for mental wellness

By Zipporah Abarca
News Editor

R.I.S.E.

R.I.S.E. is an organization that specializes in providing free resources and services for survivors of domestic violence and sexual assault in Isabella, Clare and Gratiot counties. Services include advocacy, counseling and support.

According to its website, these services are available to all individuals, including "people of all genders, sexual orientations, races, ethnicities, ages or abilities," as well as survivors' children, family and friends.

The agency recognizes domestic violence and sexual assault affects people of all races, income level, sexual orientation, age, religion and background. Therefore, R.I.S.E. works to provide "safety and empowerment" to survivors of domestic abuse and sexual assault through "shel-

ter, treatment, education and social change," its website said.

R.I.S.E. is located at 2426 Parkway Dr., Mount Pleasant, Michigan, 48858. To contact the agency for its 24 Hour Crisis Line, call (844) 349-6177. For the office, contact (989) 773-0078.

Mount Pleasant Police Department

In a letter on the Mount Pleasant Police Department's website, Police Chief Paul Lauria said the department is meant to "protect our community with pride, integrity and compassion."

Officers receive continual training to keep policies and practices up to date. According to the letter, MPPD is committed to maintaining "two-way dialogue and implementing new concepts."

One of the latest concepts the police department has acted on is a partnership with R.I.S.E. Now, MPPD has a position filled

by Krysta Carabelli — the crisis and trauma response clinician.

Carabelli's position provides support, counseling and resources for survivors involved in cases such as domestic abuse, sexual assault, mental illness, substance abuse, trauma and suicidal thoughts.

As a result of this program, Carabelli said she has started to see people get connected to resources faster, such as housing and counseling or support groups. However, she had her own hesitations before applying for the position.

"Police culture and mental health culture don't always get along," she said. "They just usually clash, so I was highly impressed by the officers, the amount of training they had, the amount of understanding they had for victims and for people who are experiencing mental health crises."

"The desire that they had to get people help – it didn't feel

like I was walking into a space where they're like, 'Oh we can't help them, they're just going to keep doing what they're doing. Who cares, they go to jail.' These officers were like, 'I don't know what to do. I need help. We want you to come and help us.'"

To contact MPPD, call (989) 779-5100. To use its anonymous tip line, call (989) 779-9111. MPPD is located at 804 E. High St., Unit 2, Mount Pleasant, Michigan, 48858.

Central Michigan University Police Department

Central Michigan University Police Department has over 20 police officers under the Michigan Commission Law Enforcement Standards (MCOLES), CMU's website said.

According to the website, CMUPD serves to protect campus, enforce positive interactions, conduct investiga-

tions and prepare for potential violent events.

In order to achieve a safe campus environment, CMUPD "utilizes standard patrol tactics, as well as specialized areas to suit our communities' needs," the website said.

Additionally, the police department provides a public safety app on CMU's website called the Rave Guardian Smartphone app. It is available in the App Store as well as Google Play.

The app works with the Central Alert system to offer students, faculty and staff campus safety resources. Some of the features include text chats with CMUPD or the Office of Civil Rights and Institutional Equity, as well as the option to share photos or location, if needed.

Rave Guardian also allows individuals on campus to use a virtual safety timer so friends and family can monitor your location as you navigate campus.

For more information regard-

ing the Rave Guardian App, visit RaveMobileSafety.com.

To contact CMUPD for police dispatch, call (989) 774-3081. For parking services, call (989) 774-3083, and for lost and found, call (989) 774-1835.

CMUPD is located at the Combined Services Building, 1720 East Campus Drive, Mount Pleasant, Michigan, 48858.

Office of Civil Rights and Institutional Equity

Located in Bovee University Center 306, CMU's Office of Civil Rights and Institutional Equity (OCRIE) "strives to increase diversity and provide equal opportunity within its community," CMU's website said.

According to CMU, OCRIE works to ensure equal opportunity on campus through coordinating and monitoring the university's efforts and programs under the "Americans with Disabilities Act, Title VII of the 1964 Civil Rights Act, Executive Order 11246 and other relevant state and federal statutes."

Additionally, the office offers and develops educational programs, as well as provides guidance and advice to all community members of the university.

On CMU's website, students and faculty may fill out a report for harassment, discrimination or sexual and gender-based misconduct. The report is not confidential, as it notifies OCRIE and CMU's Title IX coordinator.

The form also provides a list of resources for those on-campus or located in Mount Pleasant. There is also information in the administrative policy packet for OCRIE for those in Michigan and out of state.

To contact OCRIE, call (989) 774-3253 or email ocrie@cmich.edu.

Sexual Aggression Peer Advocates

Located in Foust Hall 150, Sexual Aggression Peer Advocates (SAPA) is a paraprofessional student organization that serves survivors of sexual aggression and trauma through 24/7 services during the fall and spring semesters, CMU's website

said.

Sexual aggression means anyone who has experienced stalking, sexual harassment, domestic violence, intimate partner violence and sexual assault, SAPA's brochure said.

Services include a confidential support line, text chats and direct in-person conversations to potentially explore any resources in regards to shelter, personal protection orders, police, medical, counseling, safety planning, reporting options and campus accommodations, the brochure said.

Advocates within SAPA receive over 50 hours of training and consist of CMU undergraduate and graduate student volunteers. Some topics of training include confidentiality, empathetic listening and advocacy skills, crisis intervention and diversity training, the brochure said.

To contact SAPA's 24/7 crisis support hotline, call (989) 774-CALL (2255) or text (989) 621-3359. To contact the office, call (989) 774-6677 or email sapa@cmich.edu.

Isabella County Child Advocacy Center

According to Isabella County Child Advocacy Center's (ICCAC) website, the non-profit provides services and resources specifically for children of Isabella County who are "alleged victims of sexual abuse, severe physical abuse or [a] witness to violence."

The facility focuses on supporting investigations of child abuse, including potential child abuse cases sent by local law enforcement or children's protective services, which results in a "non-leading, non-threatening forensic interview," the website said.

ICCAC provides services beyond forensic interviews, some of which are advocacy, prevention education for children and adults, mandated reporter training and Cribs for Kids, a grant-funded program that offers a safe sleeping space for infants.

Overall, the vision of ICCAC is to "create a community free of

childhood sexual and physical abuse and neglect," the website said.

To contact ICCAC, call (989) 317-8787 or to report suspected child abuse, call (855) 444-3911. The office is located at 2479 Rosewood Drive N., Suite B, Mount Pleasant, Michigan, 48858.

Listening Ear

Listening Ear Crisis Center, also known as The Crisis Center, Inc., is a private nonprofit that provides services in Northern and Mid-Michigan, its website said.

This organization is licensed by the State of Michigan and serves over 30,000 people annually. Its mission, as stated on the website, is to "offer hope and opportunity by listening to, supporting and advocating for people who need quality services and safe, affordable housing."

Some programs provided by Listening Ear include crisis and information/referral services, which has over 400 helpful resources.

Additionally, Listening Ear offers child and family services for prevention, emergency and treatment to children and adults, as well as residential services for those with developmental disabilities to "ensure comfortable living and promote independence," the website said.

To contact Isabella County Listening Ear's 24/7 crisis line, call (989) 772-2918. To contact Clare County's location, call (989) 386-2774.

Listening Ear Isabella County is located at 107 Illinois St., Mount Pleasant, Michigan, 48858.

Community Counseling Associates

Community Counseling Associates (CCA), located at 500 South Main St., Mount Pleasant, is a "group private practice of independent licensed professional counselors and master's-level social workers," its website said.

CCA works to provide reason-

ably priced accessible services, such as counseling, assessment and treatment to achieve a client's personal goals. The practice serves children, adolescents, adults, couples, families and substance abuse counseling, the website said.

Specific treatments offered by CCA include:

- ADD/ADHD
- self worth
- grief and loss
- women's issues
- childhood trauma
- parenting concerns
- co-dependency issues
- school-related issues
- depression, anxiety and stress
- premarital and couples counseling
- physical, sexual and emotional abuse
- divorce adjustment and blended family issues.

To contact CCA, call (989) 773-0222.

Ronan Psychological Associates

According to its website, Ronan Psychological Associates (RPA) is a clinical practice that offers "state of the art psychological services" to the Central Michigan area.

The staff consists of doctoral-level practitioners that are trained in "a variety of psychological methods to address the needs of [its] diverse clientele," the website said.

Some services RPA provides, as stated on its website, include individual psychotherapy for "a multitude of disorders, couples/marital therapy, family therapy, [and] group treatments ..."

The practice offers treatment that is tailored to every individual's needs, including children, adolescents, teenagers and adults.

To learn more about the variety of RPA's services, visit its website under the tab "Services Provided."

To contact RPA, call (989) 779-8899 or email admin@ronanpsych.com. The office is

located at 201 S. University Ave., Suite 4, Mount Pleasant, Michigan, 48858.

Center of Hope Counseling

Located at 1001 Fairfield Drive, Mount Pleasant, Center of Hope Counseling was voted best counseling in Mount Pleasant 2023, 6 years in a row, according to its website.

Several testimonials make up the counseling center's homepage on its website.

"Center of Hope has changed my life. Everyone there is so warm and caring."

"We can be loved for who we are if we have the courage to let people in. Lisa [director of Center of Hope] helped me realize that I don't need my eating disorder to cope with life."

Services offered at the center include individual counseling with therapists specializing in anxiety, depression and eating disorders. There are also dietetic treatments for clients with eating disorders when it comes to calories and food information. However, insurance does not cover dietetic fees, which stand at \$85 per session.

Center of Hope provides a list of accepted insurance providers on its website, but also said individuals may contact them for possible single-case agreements with your insurance provider.

To contact the Center of Hope, call (989) 954-4673 or fill out a contact form on its website under the "Contact Us" tab.



Partnership in protection

By Aurora Rae and Zipporah Abarca
Editor-in-Chief and News Editor

Krysta Carabelli's experience counseling survivors of sexual assault and domestic violence has taught her that police culture and mental health care sometimes do not mix.

"Police culture and mental health culture don't always get along," Carabelli said. "They just usually clash."

R.I.S.E. Advocacy, Carabelli's employer, and the Mount Pleasant Police Department decided to do something about it – they partnered up. The two have been collaborating since 2021.

"I was highly impressed by the officers, the amount of training they had, the amount of understanding they had for victims and for people who are experiencing mental health crises," Carabelli said. "The desire that they had to get people help – it didn't feel like I was walking into a space where they're like, 'Oh we can't help them, they're just going to keep doing what they're doing. Who cares, they go to jail.' These officers were like, 'I don't know what to do. I need help. We want you to come and help us.'"

R.I.S.E. started collaborating with MPPD in 2021 to start the Domestic Assault Response Team. Under DART, R.I.S.E. crisis advocates would help respond to domestic violence cases to provide psychological care.

Carabelli said the program resulted in fewer repeat offenders and survivors were connected to resources, like housing, counseling and support groups, faster. After seeing the benefits of DART, MPPD wanted to maintain its momentum.

"The police noticed this is working and they came back and were like, 'Can we make this more? Can we do more?'" Carabelli said.

She said MPPD Chief Paul Lauria, in particular, saw the importance of the program.

"Lauria really wanted this," Carabelli said. "He fully believes in the impact of mental health in the community. He was like, 'Why aren't we doing this more? I don't understand why we avoided this, why have we said this is a bad thing?' In his desire to ... continue to improve the de-

partment, he went to the city council and spoke to them quite a bit about it."

Carabelli said DART was also in response to a need for intervention or follow-up after assistance from police.

"Essentially what would happen is a domestic violence incident would occur, the police would be called, and the police will show up," Carabelli said. "Either the perpetrator is arrested or detained in some manner – essentially the threat is no longer there, but the (survivor) wants someone to talk to."

DART's success led to the creation of Carabelli's position. She was offered the job and started in March 2022.

Now, through the partnership, the police communicate with R.I.S.E. in order to send an advocate for the survivor to get help and make a plan for their next steps.

When working on cases, responding officers will call R.I.S.E. if they think a survivor needs mental health care. After the scene is safe and the police officers get what they need, R.I.S.E. is "good to go" to help counsel the survivor.

"They would stay there," Lauria said. "They would talk to them about services, the court process, what's going to happen, give them support numbers, their own number. And it was making the whole thing complete."

Carabelli described the on-scene crisis intervention process.

"(We would let) them tell us about what's been going on in their life, help them safety plan – what do we do if this person is in jail today, but bails out tomorrow?" she said. "How do you start to take control of your life in terms of finance? Where am I going to live? If the perpetrator has everything in their name, what do I have left? What do I do?"

Lauria recounted one of his and Carabelli's first domestic violence cases at a hospital.

"We had a domestic where this woman's face looked like Rocky Balboa's face, her eyes were swollen," Lauria said. "She was just beat (and) didn't want to talk to any officers or didn't want to give any information. And Krysta went in there in the hospital room, and ... you could hear (the woman) yelling and all this and then the voice tapered off. An hour and a half, two hours later, she came out (and said),

'Yeah, the husband did it. This is where he is at, she wants to prosecute.' It couldn't have been written any better."

Lauria said he quickly realized how much of a need there was for this program while working on domestic assault cases. R.I.S.E. would show up fast, not interfere or criticize. They offered suggestions to police officers on how to talk to victims – even with body language like folding their arms or resting a hand on their gun.

Reflecting back on his first conversation with R.I.S.E., Lauria said he believes R.I.S.E. wanted to help because the COVID-19 pandemic was such an "unknown, panicky time."

Lauria said former Lt. Don Sytsema originally connected with R.I.S.E. about joining forces. Sytsema said the police department needed help responding to domestic assaults. Apprehensive at first, Lauria eventually agreed.

"Initially, you might as well have asked us if we could issue (R.I.S.E.) guns and carry guns, because I remember thinking to myself, 'What's their angle? What were they hoping for?' And it was just to help people," Lauria said.

Additionally, there was a worry about whether or not R.I.S.E. would be reliable to respond quickly when needed on the scene of a case. Lauria gave the example of calling Community Mental Health Services to assist in cases.

"The problem I have with community mental health is you call them and they might get there four hours later," he said. "And that is not conducive to a positive outcome."

Nevertheless, MPPD gave it a try with the city commission fully in support of this collaboration.

There are other times when survivors do not want her to come to the scene, but want her to call instead. After leaving a scene or making contact with a person, Carabelli will ask if it is okay for her to call back later to check on them.

If the client says yes, they become part of Carabelli's caseload, she said. People remain her clients for a variety of time periods, ranging from a week to months.

R.I.S.E. works primarily with MPPD, but any police department in the area can ask for crisis intervention, Carabelli said.

Police officers are typically unable to

follow up with victims about their mental health or to offer resources, Lauria said.

"... Krysta does, and she's got the skills, the temperament and she knows the resources that are available locally for people to seek help, and so that follow-up becomes huge," he said. "I'm not saying that it's been perfect. I am saying that there's been some successes."

Eventually, Lauria asked R.I.S.E. if they would assist with sexual assault cases in addition to domestic assault.

"When you're at the hospital and you're waiting, do you think the victim wants to sit there and stare at a police officer? Or a male? I don't think so," he said.

Having Carabelli on call for both domestic and sexual assault cases filled a gap within MPPD.

"Think of it this way, if I would have had her at my side, or her available to call when I was (a young officer), I'd have her on speed dial," Lauria said. "What an asset, because all she's here to do is to help people, and in the process, make us look great. When the officer gets frustrated, or the officer seems non-empathetic, she comes in and takes over."

MPPD wanted Carabelli to have a full-time position with the city to assist in cases in 2020 once she began to take sexual assault cases.

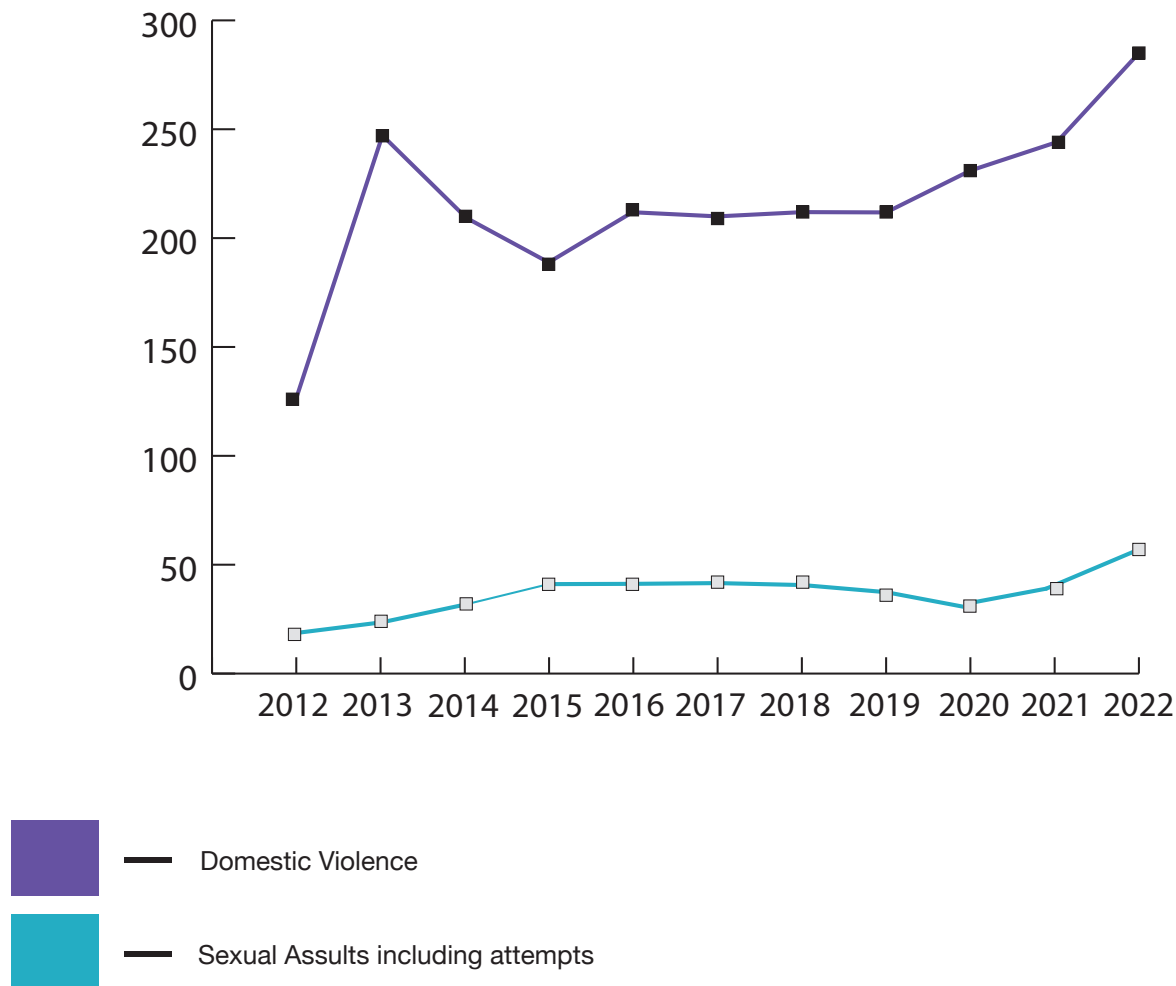
"All the City Commission was in support of it," Lauria said. "They were very instrumental. And ... they could have been a lot more difficult, but ... they were with me every step of the way and I can't imagine the position not being here (in MPPD)."

Once Carabelli was hired into the position in March 2022, her work extended to training police officers and working on domestic violence and sexual assault cases. She also helps with mental illness, substance abuse, homicides, trauma, suicide, attempted suicide and teen issues.

There have been grief cases she was called on the scene for since the officers were unable to get the individual to talk about what they were feeling in the midst of a breakdown.

"That happens in a lot of grief cases," Carabelli said. "That person may be experiencing intense grief and they're in shock and the officers don't know how to help them be able to talk. I might actually physically go to that scene and get down on the

2012 - 2022 Domestic Violence and Sexual Assault Statistics



Information courtesy of Chief of Mount Pleasant Police Department Paul Lauria. Graph made by Madelyn Kerbyson

floor with that person and just help them breathe and help them get back into their own bodies and have that moment of clarity so they can make some choices for themselves.”

While she primarily works with MPPD, about once a month she said she is called to cases with other agencies, such as the county sheriff, state police, Central Michigan University Police Department or the Saginaw Chippewa Police Department.

When multiple cases come in a short period of time, Carabelli will assess each situation based on urgency. For example, she said someone who is actively suicidal would likely be contacted earlier than someone whose child is running away from home.

A part of Carabelli's job is being some-

one to confide in and advocate on behalf of the police. She also helps R.I.S.E. by bridging the gap between both offices. However, there is an emphasis on confidentiality. She is unable to tell MPPD certain things about a client and vice versa when it comes to R.I.S.E.

She said she finds this to be one of the “biggest, weirdest” parts of her job.

“When it comes to the confidentiality portion, I am under the confidentiality of R.I.S.E. when I’m working with R.I.S.E. clients, so I’m not going to tell the police a dang thing about anything I’m doing at R.I.S.E. with any of my clients unless that client explicitly says it’s okay to do so,” Carabelli said.

When the police bring a case to her, Carabelli said the officers will be aware

she is helping the client, but she will not report what the client is saying back to the officers.

“There will be lots and lots of cases that come through R.I.S.E.’s door that the police department will never know about,” she said.

There are also times when MPPD receives cases that R.I.S.E. is unaware of and sometimes cases that it has known about for a long time.

Initially, Lauria found the confidentiality to be frustrating. He said he remembers when R.I.S.E. came into MPPD to present the program. R.I.S.E. advocates told him they could not reveal information about clients at the women’s shelter.

“And I’m thinking to myself, ‘This is bulls**t, what do you mean, you can’t tell

me – do you want our help or not?’” Lauria said. “And if you want our help, you’re gonna tell me everything I want to know ... The fact is that yeah, I get that they can’t, I understand it. I don’t like it, but it isn’t because she’s on a power trip and is trying to make things difficult.”

Carabelli’s position has been embraced by MPPD, however, since she is assisting in numerous types of cases there is also a worry of burnout, both Lauria and Carabelli said. In the beginning, her clientele consisted of nine people, but after getting settled into the position, Carabelli has about 50 clients per month.

“The program is growing rapidly, so I’m really hoping to get some help soon, because it’s not fun to be the only person on-call for doing all that,” she said.

Currently, Carabelli is on maternity leave. Lauria said when she returns, they are going to discuss bringing in a second position to avoid burnout.

Carabelli said she would love for every agency, including city hall, to have a position similar to hers.

“... (Then) each agency would have their own specific person who understands why they do what they do in their agency,” she said. “Managing a city for a police department looks different than managing a county or managing a jail or managing campus life.”

Lauria said he could not agree more.

“(Carabelli’s position) is a different skill set,” he said. “You got to be able to do it all. And (police) want to be able to do everything well, but that ain’t the reality.”



| OPINION

Gratitude is all I have

Gratitude is all I have.

It's taken a lot to realize that: the pandemic, a virtual college experience and my dad's death.

Since the fall of 2019, almost nothing has happened how I expected. Only now can I appreciate that the hardest times in my life were really the most instrumental to my development and understanding of myself.

Four years ago this summer, I sat in the conference room of Moore Hall's fourth-floor journalism department during an orientation meeting. Alanna Sparks, at the time a senior at Central Michigan University, asked the dozen incoming students I sat among if anyone was interested in photojournalism.

I was the only one to raise my hand.

She nearly jumped out of her chair with excitement as we locked eyes and smiled. Now, as I look back on that moment, I still smile, realizing it was the first of many profound connections I would make with my journalism peers, mentors and those whose stories I shared. These relationships allowed me to gain perspective of my place in this world. I have realized through journalism – connecting with strangers – that everyone has a story and even more so, everyone is carrying their own trauma.

As I reflect on four life-changing years,



**Aurora
Rae**

Editor-in-Chief

I can't help but feel anything but grateful for the people and experiences – positive and negative – that shaped me into the person I am today. I would not be every bit of myself if it were not for every single person I've loved, loathed and everything in between.

To my first college friend, Callie Hazelgrove. I will always remember being introduced to you through CMU's online friend matchmaker and finally meeting up in the bathroom during orientation. I was so nervous. Now, I can't imagine the past four years without you in it. Our friendship is so pure, and I've learned more from you than I could ever sum up in a paragraph let alone an entire column. I am blessed to have been by your side and to call you not just a friend, but my family.

To Zipporah Abarca, I could tell we had

similar energy from the start, and I knew I wanted to be your friend. We have connected in ways I never thought possible. I learn from you every time we speak. Your confidence is contagious, and I can't think of a better person to take over the position of editor-in-chief. I look forward to watching you grow and make a name for yourself as a badass international journalist.

To my newsroom family – past and present – my Gramp, Pa, Aunt Judy, Suzie, Troy. I could go on for days naming the people and experiences that built me into the person I am today. Thank you will never be enough.

There are two people that laid the foundation for my success from before the day I was born. This is to my mom, in Massachusetts, and to my dad, in heaven.

Before you even knew my name, you began saving for my college fund.

You granted me the ability to grow up unaware of the luxuries I was surrounded by. We lived in a nice house, in a quiet neighborhood, with quality cars. You worked 9 to 5; I went to school and was a competitive figure skater. We quite literally had the picket fence. This one wasn't white, yet it came with all the hallmarks I was fortunate enough to call normal.

You always told me I didn't realize how lucky I am. Now I realize more than ever

the truth in that. You drove hours every day for my athletics, worked tireless nights and even moved across the country for me to follow a dream.

I am still working to comprehend the millions of ways you allowed me to not just succeed but excel beyond my imagination.

You did not have to do any of it. And yet, you did all of it.

In this moment of reflection, what matters to me most is that no matter what endeavor I explored – skating, art or journalism – whether you agreed with it or not, you were always my biggest supporters.

You taught me the most important lesson I know: How to believe in myself. Now, because of you, I do, too.

As I move into the next season of life, I am planning a more literal move, too. This summer, I'll be relocating to Alexandria, Va. to finish my degree remotely and hopefully complete an independent study at Gallaudet University.

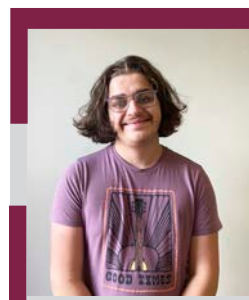
I'll be back briefly in December, but as I look back on what is, almost, the end of this insane chapter of life, gratitude is all I have.

A final goodbye

In February of 2021, I began my career here at *Central Michigan Life* as a photographer. In my time here, I have had to say many goodbyes to colleagues as they graduated or as we parted ways for semester breaks.

However, this will be my final goodbye. As I say this final goodbye as a student at Central Michigan University, I can say I am truly proud of what I have done as both a photographer and an editor. This place has changed my life and given me so many opportunities.

As I walk across the stage on May 6, I will look back on the last five semesters and know that I have truly done my part



**Nate
Pappas**

Visual Editor

to make an impact on this campus. My time here has taught me so much about what it is like to be a journalist, through

seeing my colleagues do their part to make the campus a better place and being able to see young photojournalists grow into incredible storytellers.

The people I've met here have changed my life. I can easily say the people I have met at CM Life are people I hope to stay in touch with for the rest of my life. I will forever cherish the friendships I have made here and the experiences they have given me.

I want to thank everyone I have interacted with and met during my time here.

I would especially like to thank Aurora Rae, who gave me the chance to join CM

Life and served as my first editor.

To Layla Blahnik-Thoune, who allowed me to grow and helped me learn how to be the best mentor and editor I can be.

Finally, Regan Foster who, despite only beginning at CM Life this school year, has turned into one of my biggest mentors and cheerleaders during my time at CMU.

Thank you, finally, to the readers who allow us to keep going and show our skills as student journalists. I would have never been able to do this without the support that you give us.

Goodbye to everyone at CM Life. I can't wait to see how you change the world with your journalism work.



Look Who's GRADUATING!



Hunter J. Anderson



Goob, Sunshine, H-

You can do anything.
The world is wide open.
Just believe!
You got this!

CONGRATS!!! We are
so proud of you.

Love u always,
Dad and Mom

Sierra Ruth Altman



Sierra -

Congratulations on your graduation from CMU! We are so proud of you and can't wait to see what your future holds. We know you will do great things! Love you to the moon and back ~ forever and ever!

Love -
Dad, Mom and Madi

Kennedy Michelle Brisbon



Kennedy,

We are so proud of you. The sky is the limit and we know you will do great things.

Love,
Dad, Mom, Toi,
Kortney

Kabryni Bruening



Yeah, we're excited too. :)

You're amazing in every way and make us proud every day.

Can't wait to see what you'll do next.

All the Love in the World,
Bruenings & Timmers

Taylor Marie Bryant



Taylor,

We are so proud of you and all of the great things that you have accomplished and can't wait to see all of the great things that the future has in store for you!!

Love,

Mom, Dad, Makenna, Ari,
Uncle, Grandma & Grandpa
Bryant,
Grandma and Grandpa
Hollingshead

Colton Brymer



Colton,

We are so proud of you.

Love,
Mom & Dad

Emerson Avery Cavendish



Emerson,

We blinked - and here we are! We're so proud of you!! Congratulations on your success and let the new adventures begin!

We love you,
Mom, Dad, and
Chandler

Christian Thomas Booher

Congratulations! We are so proud of you and all your accomplishments at CMU. We are cheering you on today and on your next adventure!!

XOXO,
Mom, Dad, Andrew, & Jacob



Jaylen Emmanuel Browder

Jaylen,
We are exceptionally proud of your accomplishments at CMU. Keep the faith and know that God is in control..

We love you dearly,
Mom, Dad & Family



Brentus Church III



Look how far you've come.
We are so very proud of you
and your accomplishment.
Congratulations.

This is only the beginning.

Love, Mom and Dad

Amy Beth Charboneau



Amy,

Congratulations on your
well-deserved success!
We are so proud of your
accomplishments! CMU
graduate - celebrate!

We love you!
Mom, Dad, Amanda &
Adam

Jazmine Sharise Dewberry



Jazmine,

I could not be any prouder of
the young lady you are and
the woman you are
becoming.

Congratulations and good
luck on your journey.

I love you,
Mom

Jordan Drayton-Plaxico



We are so proud of
you and your
accomplishments,
and cannot wait to
see what your future
brings.

Congratulations,
future SLP.

Love mom, Jaedyn &
Jovan

Alexandra Gargulinski



Congratulations Alex!

We are so proud of all
you have accomplished
and can't wait to see
what you'll do next.

Love,
Mom, Mumko, Jacob,
and Grandma &
Grandpa

Blake Daniel Gatfield



Congratulations Blake!

You've had an amazing
journey at CMU.
We are so proud of all your
accomplishments, hard work,
and dedication.

We wish you all the
happiness and success in this
next chapter of your life!
Enjoy!

Love you,
Mom, Dad & Mason

Logan Cabanilla



Congratulations, we are so
proud of you! It's time to go
confidently into the world and
make your mark.

Follow your dreams to live
the life you imagined. We
can't wait to see where those
dreams take you.

Love,
Mom, Dad
Grandma D, Grandpa D
Grandma C, Grandpa C,
& Mallory

Faith Elizabeth Denne



Faith!

You have a light within that
has always shone so
brightly! Continue to be a
blessing and live your life to
the fullest! Congratulations!
We love you!

Mom, Dad, Matthew, &
Laurny

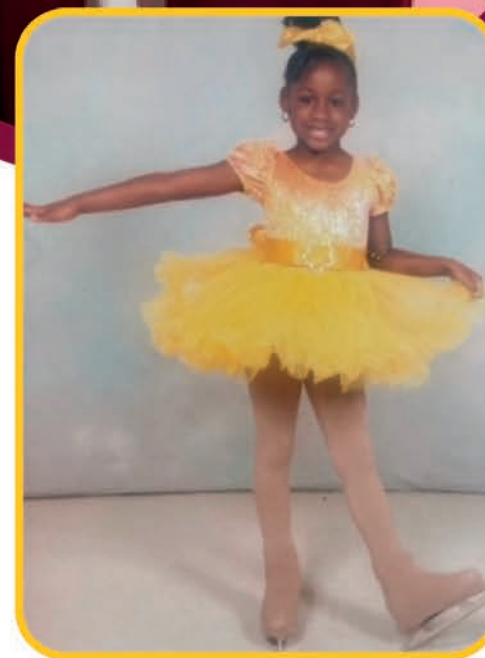
Jazmine Dewberry

You did that!!

Congratulations on this major accomplishment. We knew you were destined to do amazing things, and this is only the beginning!

We are so proud of you and the person you are.

Love,
Granny, TeTe, Mom, Jason, Jason II,
Eric Jr, Anthony and Carter



Brentus Church III



You dreamed it, you achieved it, now go out into the world and show them what you are made of.

I am so proud of you.

Love you to the moon and back,
Auntie Ann

Peyton Gorzelski



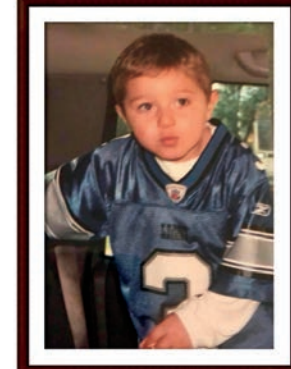
Congratulations Peyton!

We are so very blessed and proud of you.

We know you will continue to do extraordinary things.

Love always, Mom and Dad

Joseph Michael Hawkins



Joey,

We are so very proud of you and all your hard work! You are an amazing young man with so much to offer! Keep your faith always and remember anything is possible with God guiding you!

Love,
Mom, Dad, & Jacob

Therese Estela Hebda



Therese,

Your time at CMU was filled with great memories and fun times while at the same time, working hard to graduate as Summa Cum Laude! We are very proud of all that you've accomplished and we know you'll have such a positive impact on so many lives. Congratulations!

Love,
Mom & Dad

Rebecca Denise Hanusack



Rebecca,

I am so proud of you! You have worked so hard for this and it payed off!

Congratulations on getting your Masters

Love you, Mom

Dylan Michael Kubik



Dylan,

This milestone is just a stepping stone of more success to come your way. We are so very proud of you and the man you have become.

Love,
Mom & Dad

Meagan Rose Driscoll



Megs,
From the day you were born you have been determined to succeed, never taking NO for an answer! You made it!
We are so proud of you and look forward to seeing where life takes you next.
Love,
Mom, Dad, Hannah, Conner and Ireland



Hunter Marc Fougner

From the day you were born until all the days ahead, I will continue to watch you from Heaven above!! I am so unbelievably proud of you Hunter!! Onwards & Upwards Champ!!

Love,
Dad



Aron Thomas Geml

Aron, words cannot express how proud we are of you. Keep reaching for the stars and always remember "The prize is in the journey."

Love,
Mom & Dad



Joshua John Gilmour

Congratulations Josh!

We are so proud of the man you have become. You have grown so much and are ready to take on the world. Time has flown by, your next chapter is awaiting, make your mark on the world, live life to the fullest, make yourself proud and enjoy the ride. We love you!

Love,
Mom & Dad



Michael C. Gonzalez

Congratulations Michael!

We are so proud of you and all that you have achieved!

All our love,
Mom, Dad, Gabriel, Ella, & Grace



Joseph Thomas Haynes



Congratulations Sweet Pea!

We're so proud of you and all you've accomplished. We can't wait to see what the future holds for you!

Love, Mom and Tom



Charles T. Highbaugh Jr.



Congratulations, Son.

We are so proud of you & your achievement. Know that we love you always.

May God continue to guide your steps.

Love, Mom & Dad



KC Irene Hunt



KC Irene,

We are so proud of everything you have accomplished while being a student, mom, and wife. Right down to where you were doing homework in the hospital right before you delivered and even being on the Deans list. You have an amazing future ahead of you.

**Love,
Tom & Mom**



Lauren Cynthia Horning

Congratulations, Lauren!

We are so very proud of you!

**Love,
Dad, Lisa, Grandma,
Corey and Corbin**



Kailey Jean Idziak

Kailey, we are so proud of you and your accomplishments at CMU! Your dedication and work ethic have helped you to reach this milestone. Wishing you all the best in your career and all that comes next! Keep your faith and all things are possible! Love you gur!!! ❤️

Mom, David, Austin, & Kelsey



Amber D. Ide

Amber,
Congratulations on reaching your dream of becoming a PhD. You will make the world a better place. You have always set goals and have reached them. We are truly amazed and in awe. Now go and conquer those cells!
Love, Mom, Curt and Tyler



Jori Marie Helmic

Jori –
So proud of you! You are going to be an amazing teacher and will continue to shine bright and make a difference every day! Always stay true to yourself no matter what.

Love you always,
Mom, Dad, Jared, Jordyn, and Julian



Pierre Issac Liddell



We are so proud of you and all your accomplishments. Once you set your mind on persevering you never give up.

Stay "Fired Up"!!!
Love Mom, Dad, and Stevie.



Hailey Marie Kowalik



Congratulations Hailey on your big day! We knew without a doubt that you were made to accomplish great things. Let your future be as bright as your smile!

Sending you our love and prayers as you continue your education at the University of Michigan.

Love always,
Yaya and Grandpa



Madison Marshall-Rus

Maddie,
Congratulations! Wishing you all the best in your next journey in life. I'm so extremely proud of you!

Love,
Mom



Mallory Jayne Meaton

Congratulations,
Mallory Meaton!

Very Proud of your CMU
Academic and
Athletic success!

All My Love, Dad!



Makaela Mae Willis

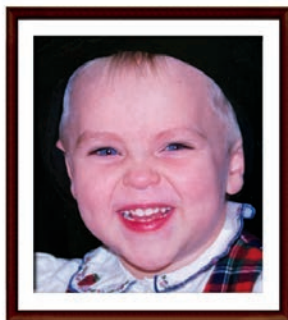


Makaela Mae,

We love you! We are so proud of you and all of your accomplishments! Your hard work and perseverance has paid off! Who knew that when we enrolled you into dance classes that you were taking your first steps towards your future career!

Congratulations!
Much Love,
Mom and Dad

Hailey Marie Kowalik



Our little girl is all grown up and today you are graduating. New and exciting opportunities are awaiting. Explore, learn, and enjoy life. Hailey, we are so proud of you and love you very much. May God always bless you with the best.

Love,
Mom, Dad, Hannah,
& Ryan xoxo

Jordan Elizabeth Leh



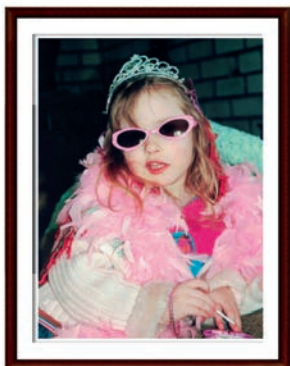
Congratulations Jordan!

We are so proud of all that you've accomplished over the past four years.

We know you will achieve great things! Keep moving forward. Fire Up Chips!

We love you!
Mom and Dad

Sammantha Ray Loveless



Sammantha Loveless you are totally WEIRD & WONDERFUL!

Chase your dreams and remember, "With God all things are possible"
-Matthew 19:26.

Love Mom, Dad & family.

Gavin M. Marino



Go in the world and do well. But more importantly, go into the world and do good.

We are very proud of you, Gavin!

Love Dad, Mom and Peyton

Joya Cheyenne McGee



Joya,

Congratulations Bookie!! I am super excited and so proud of you! Not just for your accomplishments, your perseverance, your tenacity, your tender and loving heart but for the woman you are and are becoming! Always keep God first in your life and nothing will ever be able to stand in your way. Love you always,

Mom

Nicole Denise Jackson

YOU DID IT !!!

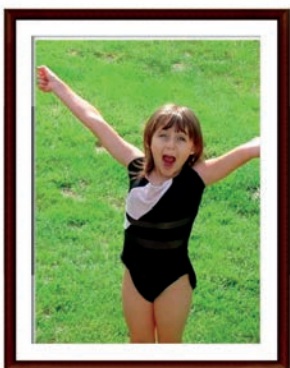
A loving wife and mother of 3 children and completing her Masters Degree. We are so proud of you, Nicole!

No matter where life leads you, no matter what you do, we will always be your biggest fans, and we will always be there for you!

Love you so much,
Mom and Dad.



Kiira Jade Paulson



Kiira,
We couldn't be more proud of
the talented, intelligent and
driven woman you've
become.

It has been an incredible joy
to watch you grow and
succeed in all aspects of life.

We love you so much,
Mom, Shane, Autymn, Skyler
and all the beasts.

Katerina Mylene Santana



The happiest day of the
year! My heart leaps with
joy.

Unbelievable that years of
persistence and sacrifices,
now brought you to march
on your Commencement
Day.

Congratulations!!!

Love, Lola.

Joseph Victor Servitto



Congratulations on
graduating with your
Masters Degree!

We are so very proud of
you & all you have
accomplished!

Can't wait to see what great
things your future holds!

Love You, Mom, Dad,
Sarah

Ethan E. Sobczak



You Did It!

From Your days of
kindergarten until now-
You have always made
us proud!

Best Wishes on your
new journey. Fire Up!

Love,
Mom & Dad

Allison Spens



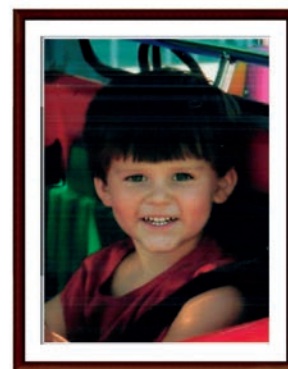
Congratulations, Allison

As a family we could not
be more proud of you.

Take what you have
learned and charge
forward.

Love,
Mom, Dad, Sister &
Papa

Dirk Willis Tipton



Every experience in your
life so far has brought you
to this day.

Congratulations,
Graduate!

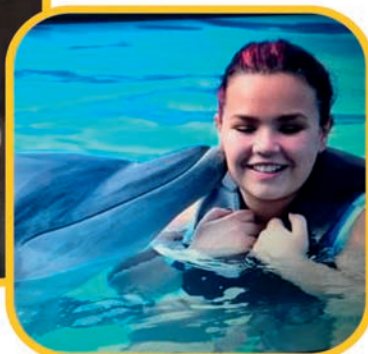
On to your next adventure
and honor the dream
inside of you.

Love,
Mom & Dad

Celia Celeste Migliaccio



Celia,
So proud of you; most
importantly be proud of
yourself. With your hard work
and determination you did it!
Set your goals high, take
chances!
Love you,
Mom & Dad



Savannah Grace Pasney



Savannah,

Congratulations on your
graduation! Can't believe how
fast the last 4 years went by.
Move in day your freshman
dorm sign read "Never forget
how wildly capable you are,"
always remember that and
believe in yourself. We are so
very proud of you!

Love,
Mom, Dad, & Hailey



Claudia Elyce Persons

Claudia,
Congratulations on graduating
from CMU in Spring 2023! We
are proud of you, admire all
your hard work and success,
and are sending love and
support for a happy future!

Love,
Mom, Kendalyn, Grandma,
& Grandpa



Colin William Pufahl

Advice as you graduate
from CMU: As a wise man
once said, "Wherever you
go, there you are!" Much
love from the bunch of us -
Mom, Dad, Alex & Claire



Nathanael David Pappas

Nate, you started as a dream, and
became a reality on September 14, 2000.

Look at you now, pursuing your dream as
a photo journalist.

You have pursued that dream with focus,
passion and commitment. And now you
will take the next step as you graduate!

Congratulations!
We are incredibly proud of you!

Love, Mom & Dad



Christina Payton

Christina,

Congratulations on your graduation! We are so proud of all you have achieved. Your hard work and dedication will get you far! We love you!

Mom & Dad



Katerina Mylene Santana



Your sense of style was always unconventional but you would say "it works for me."

That approach in life will take you far. So proud, love you bunches. Soap!



Alexa Schweihofer



Alexa,
We are so proud of all you have accomplished so far. Keep reaching for your dreams, shining bright and you will continue make an amazing difference in the world.
Love,
Your family



Marisa Claire Snyder



We cannot wait to see what life has in store for you! Congratulations on all of your accomplishments at CMU. Fire Up!
Love,
Mom and Dad



Jenna Victoria Sokol

So proud of you! The world is a better place because you're in it. You've accomplished so much. Can't wait to see what you do next.

Love,
The Sokol/Palazzolo/Ball Family



Alyssa Shuler

Alyssa,

We are in awe of the beautiful, smart, compassionate women you have become.

Your four years at CMU complete 16 years of flawless education.

We couldn't be prouder!

Love - Mom and Dad



Marissa Lynn Spalding

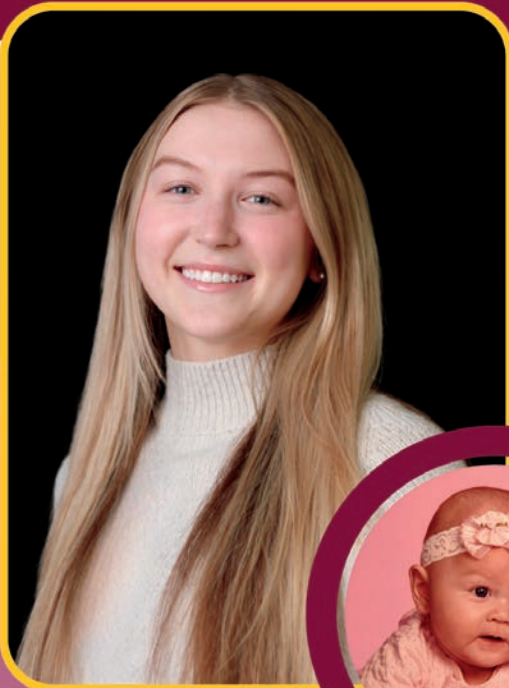
So very proud of you and all your accomplishments.

So excited to see what the future holds for you.
Congratulations.

Love Mom, Dad & Cali



Lauren D. Stephen



Lauren,
We are so very proud of you. Your accomplishments and drive continue to amaze us every day. Take pride in how far you have come and have faith in how far you will go. We love you beyond words and may God's blessings be with you today and always.

Love,
Mom, Dad, & Family



Feyisola Eniola Tella

Madam Kofo,
We are very proud of you as you bag your Masters Degree from CMU. Wishing you greater heights.
We love you;
Mom & Dad, Temi, and your extended family



Jenna Victoria Sokol

From the time you were born, I knew that you were destined for greatness. So proud of you and all that you have accomplished. You reached for the stars, and achieved your goals.

Way to go Jenna. You are amazing.

Love, Dad



McKenna Roselen Marquette

Congratulations on all that you have and will accomplish, McKenna!

We are so proud of you and can't wait to see what the future holds for you!

All our love, Mom and Dad



Mallory Jayne Meaton

Congratulations, Mallory Meaton!

Very Proud of your CMU Academic and Athletic success!

All My Love, Dad!



Ryan Anthony Wisniewski

Congratulations Ryan, We can't wait to see where life takes you next. We are so proud of you!

Love you lots, Mom, Dad, & Ashley



Regina Rae Zebell

Congratulations Gina! We are so proud of you!!

Love, Dad & Mom





Nicolas Weise



Nicolas,

We are all so proud of you!!
Congrats and we will all be
happy to have you back on
the West Coast again!

Love, Mom, Dad, Zac and
Brandon



CONGRATULATIONS CM Life Graduates!

Michael Gonzales, Nasia Boykins, Nate Pappas, Patrick Bouman, Isabella Cristen, Jazmine Dewberry, Kailey Idziak, Marisa Snyder and McKenna Marquette.
Not pictured: Jordan Agosta and Bryce Hollins

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CMU **water** research team making strides

Collaborative working on developing a material that will purify water

By Annaliese Damm
Staff Reporter

A research team at Central Michigan University is working on developing a material that will purify water. The team is set to present its findings so far May 9-10 at Michigan's 29th Annual Automotive Research Center Program Review at the University of Michigan Engineering Department in Ann Arbor.

The team is comprised of faculty members Itzel Marquez and Bradley Fahlman, as well as three graduate students, two undergraduate students and one post-doctoral student.

Working off a grant given by the United States Army, the team has been tasked to create a water purification material that is more efficient than current techniques. Aimed to be implemented in the Army, Mueller and Marquez said it is their goal for their system to be:

- Portable
- Porous (able to let water through)
- Of a large surface area
- Strong enough to withstand water flow

"The Army is requiring highly portable, stand-alone treatment systems," Marquez said. "I think that is a great advantage, not only for military operations; that would be a great advantage for many different situations."

"We are mixing and matching to get all of these properties right," Mueller said.

While current water purification systems meet the Environmental Protection Agency's (EPA) requirements for clean drinking water, Marquez and Mueller said they do so at the bare minimum.

According to EPA.gov, the "EPA sets legal limits for over 90 contaminants in drinking



Water moves along the Chippewa River in Chipp-a-Waters Park in this September 2020 file photo.

Aurora Rae | Staff Photographer

water," including microorganisms, disinfectants and radionuclides. Depending on the contaminant, each standard is different.

The two said they hope their material is less expensive and more efficient than these current systems.

Marquez, Mueller and Fahlman said the research team's main focus is getting the toxic compounds ammonia and arsenate out of drinking water. However, this presents a challenge.

Dr. Marquez explained how they are creating the material to destroy these toxic compounds. But if there are other ions in the water — ions that people need to remain healthy and that share physical or chemical characteristics with ammonia or arsenate —

those ions could unintentionally be removed, too.

According to a United States Geological Survey, calcium and magnesium are some examples of good ions in drinking water.

Speaking on current water purification systems, Marquez said: "That's what is generally done. You remove all of the ions and then you end up adding ions (back in), and that makes it inefficient. So we're trying to increase efficiencies of those processes."

Dr. Fahlman's area of interest on the project is two-part: providing support for the material to withstand water flow and destroying the toxic compounds once they are removed from the water — a process referred to as photocatalysis.

Support will be provided by incorporating carbon-based sheets of material into the device.

Photocatalysis, or catalysis, involves "forcing contaminants to interact with light, where they will break down into smaller pieces that are no longer toxic," Marquez explained.

"If we can stick something in the membrane that can kill and destroy that [toxic] material at the same time when we catch it, we would, first of all, increase how much [toxic material] we catch, and second of all, we don't have to deal with that toxic [compound] we are getting out," Mueller said.

Mueller and Marquez cited the Flint water crisis as a problem that people in the area might be able to relate to, but there are

also issues across the country and even across the globe.

"It is a world-wide problem," Marquez said. "It doesn't matter if you live in highly industrialized or high-income countries like the U.S. You have crisis, like the one in Flint, crisis like the one in California and Arizona where they're hit by severe drought... Climate change is not letting it get better anytime soon."

In 2014, the municipal water supply source in the City of Flint was changed from the Detroit-supplied Lake Huron to the Flint River, according to the Centers for Disease Control and Prevention. The change leaked lead and other dangerous chemicals into the city's drinking water. The city switched the water source back, but in 2016, a state of emergency was declared.

"[It was] completely unethical, and yet completely legal," Mueller said.

"Access to clean, safe water is considered a human right," Marquez said.

Mueller and Marquez's advice to Central Michigan University students is to get involved with research teams if it sounds like something that interests them.

"I have taken freshman, and they sometimes work all the way through their senior year," Mueller said. "It's a perfect way of learning in a completely different way."

Priyalatha Kirisenage, a graduate student working towards a master's in chemistry, is also a part of the research team. She said the work is hard, but the researchers are nice and have a lot of experience in their field.

"I'm enjoying the work," Kirisenage said.

"There are plenty of opportunities, so talk to your faculty and see what they are doing when they're not in class, because there's a lot of great things going on," Marquez said.

Leading the way to a **greener** campus

Central sustainability drives waste management and recycling initiatives

By Srikar Balmuri
Staff Reporter

Central Michigan University's student-led sustainability office is making strides in promoting sustainability on campus and in the community. The organization, Central Sustainability, has championed initiatives including waste management, energy conservation, and social and cultural sustainability.

"One of the highlights of the program is a composting program that diverts 330 tons of food waste from landfills annually," Eric Urbaniak, co-founder and lead sustainability coordinator of Central Sustainability said.

The office has also partnered with vendors to facilitate waste-management solutions, such as recycling and electronics disposal.

Urbaniak believes that sustainability is crucial for creating a more-resilient world and campus for everyone. He emphasizes the importance of including people in the solution to sustainability, integrating various perspectives such as environmental, social, economic, cultural and mental health.

"Students have a significant role to play in protecting the environment by educating themselves about sustainability and modifying their behavior towards sustainable practices," he said.

The office has also prioritized education and outreach to empower students to advocate for sustainability. It works with CMU Dining and the administration to develop the university's purchasing policy, ensuring that sustainability is integrated into the institution's core operations.



Eric Urbaniak, co-founder of Central Sustainability, speaks on CMU's advancements during the State of the Student Body Friday, April 21, in the Health Professions Building. Urbaniak discussed the creation of an on-campus farmer's market next year, where students will be able to buy fresh food.

Ella Miller | Staff photographer

Furthermore, the office has been promoting social and cultural sustainability through community building and inclusivity. In collaboration with the Saginaw Chippewa Tribal College, Central Sustainability has designed and planted a traditional Anishinaabe garden at the Fabiano Botanical Garden.

"Additionally, two buildings on campus have solar panels and green roofs, while the university is working on utilizing water more efficiently through initiatives such as community

gardens," Urbaniak said.

Urbaniak said students can take simple actions like using reusable water bottles, walking instead of driving, taking shorter showers and washing with cold water.

"They can engage with their communities to promote awareness of environmental issues and break down geographic barriers," he said.

Central Sustainability launched its Campus Grows program for the summer, and students are invited to participate by purchasing a plot to

garden on campus. For just \$15, students can cultivate their gardens throughout the season, with the opportunity to grow whatever they choose.

According to Urbaniak, the program is open to anyone in the community who wishes to participate.

"This provides an excellent opportunity for students to engage with sustainable practices and contribute to the campus community in a meaningful way," he said.

The sustainability office could also serve as a resource

for students pursuing sustainability projects or research. The office regularly hosts clean-up events, panel discussions and other opportunities for students to get involved.

As the world faces increasing environmental challenges, the work of Central Sustainability emphasizes the importance of the role that students can play in creating a more sustainable future.

"We want to create a sustainable future for everyone," Urbaniak said. "It all starts with sustainability."

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Central Michigan Life, the independent voice of Central Michigan University, is edited and published by students of Central Michigan University every other Thursday during the fall and spring semesters. The newspaper's online edition, cm-life.com, contains all of the material published in print, and is updated on an as-needed basis. Central Michigan Life serves the CMU and Mount Pleasant communities, and is under the jurisdiction of the independent Student Media Board of Directors. Regan Foster serves as Director of Student Media at CMU and is the adviser to the newspaper. Articles and opinions do not necessarily reflect the position or opinions of Central Michigan University. Central Michigan Life is a member of the Associated Press, the Michigan Press Association, the Michigan Collegiate Press Association, the Associated Collegiate Press, College Newspaper Business & Advertising Managers Association, the Mount Pleasant Area Chamber of Commerce, Central Michigan Home Builders Association, Mount Pleasant Housing Association and the Mount Pleasant Downtown Business Association. The newspaper's online provider is SN Works. Central Michigan Life is distributed throughout the campus and at numerous locations throughout Mount Pleasant. Non-university subscriptions are \$75 per academic year. Back copies are available at 50 cents per copy, or \$1 if mailed. Photocopies of stories are 25 cents each. Digital copies of photographs published in Central Michigan Life are available upon request at specified costs. Central Michigan Life's editorial and business offices are located at 436 Moore Hall, Central Michigan University, Mount Pleasant, MI 48859, telephone (989) 774-3493 or 774-LIFE.

Artist, alumnus earns Lifetime Achievement

By Annaliese Damm
Staff Reporter

“For a lifetime of contributions of outstanding artistic significance and impact to the field of photojournalism in the state of Michigan.”

So reads Steve Jessmore’s latest accomplishment: the Michigan Press Photographers Association (MPPA) Lifetime Achievement Award.

Raised in Saginaw, Jessmore attended Douglas MacArthur High School. His photography career started early. As an underclassman at Douglas MacArthur, Jessmore began taking photos of artists at concerts in his hometown, which were published in the Saginaw News.

“I got thrown into the fire real quick,” Jessmore said. “Anybody on classic radio I’ve photographed. I had my elbows on the runway, I could have reached out and grabbed Freddie Mercury’s leg.”

Jessmore described these experiences as “priceless.”

Later, as a student at Central Michigan University, Jessmore was able to combine his love for photography with another passion of his: nature. While he majored in journalism, he pursued a minor in biology.

Jessmore owned crayfish, frogs and turtles as a child. He said the sciences were his favorite subject and that he loves nature, specifically the wetlands.

Fast forward to his professional career, and Jessmore has earned several awards and recognitions for his work in bird photography. He has won MPPA’s Photographer of the Year award five times; both placed first and won an honorable mention in the 2021 National Audubon Photography Awards; and won first place again in 2022 with the Fisher Prize for “most creative approach to photo-



Courtesy photo of Steve Jessmore

graphing birds,” according to his website, stevejessmore.com.

Jessmore said he is grateful to be in his career and doing what he love and feels blessed to have received his Lifetime Achievement Award from his peers.

“[The awards] have never driven me to do better work. I drive myself to do better work,” Jessmore said.

He said his wife, “beautiful Brenda” Hassow, has supported him throughout his career.

“She’s just so encouraging and so positive about everything,” he said. “She’s just wonderful. She just gets it.”

At the start of COVID-19, Jessmore lost the ability to produce work due to the mandated quarantine. But he made a promise to himself that he would turn this problem into something positive. So he turned to birds.

“I enjoy... learning something

new about these creatures that are everywhere ... Why birds? No matter where I go, there’s birds,” Jessmore said. “It’s the same kind of stories I told with people, but with birds.”

A photograph of a hawk staring down its next meal, a chipmunk, won him his honorable mention in 2021.

“To me, that’s journalism at it’s finest. That tension, that moment of eye-to-eye, it was the moment before it got gorey and before you lost hope,” Jessmore said.

Aside from bird photography, Jessmore is dedicated to community spirit.

“I was always a community journalist. I never took the jobs at the really big papers that were offered to me, I wanted to stay grounded and in a community ... I just like that side where you got to know the community, the

community got to know you,” Jessmore said.

He worked in his Saginaw hometown as well as Flint, for which he won the Robert F. Kennedy photojournalism award for “outstanding coverage of the disadvantaged.”

‘Sense of Community’

As Jessmore worked at the Flint Journal as chief photographer, he self-produced a weekly column on the side, “Sense of Community.” It published on Sundays from 2004 until 2008 (all Sense of Community columns can be read at stevejessmore.com).

“Flint, Michigan ... (is) frequently listed among the worst, most stressful, dangerous, impoverished, segregated and economically disadvantaged cities in this country. While

statistics and public opinion are stacked against Flint, many of its people haven’t given up hope,” Jessmore’s website said.

For Jessmore, “Sense of Community” was a way to spotlight and document those hopeful individuals.

“[It was] my thought that there was more good than bad in Flint,” he said. “Sometimes you have to just take a look and realize that there’s still hope and things can get better.”

Jessmore worked on and off for five years documenting citizens of Flint doing “grassroots things” and “little simple acts of kindness” for their community and the people around them. He completed a total of 175 columns during this time.

Jessmore said every one of the pieces in “Sense of Community” had a “point of action” listed; if readers wanted to get involved with these individuals Jessmore wrote about and also help their community, he included a way to get in touch.

Jessmore’s subjects included individuals who volunteered at an animal shelter, a farmer with a goal to inspire children and a retired mental health treatment worker. But he said his favorite column he worked on was with a man waving an umbrella in the air on Saginaw Street: a man named Clifford Smith.

Jessmore spoke on Smith’s dedication to bringing positive energy to people in Flint. Every morning, Smith walked up and down Saginaw Street waving to people in their cars as they commuted to work or school. Jessmore said Smith was always “impeccably dressed” and felt blessed to be able to have an opportunity to make people smile.

“They say you have a calling in life,” Smith said, as quoted in “Sense of Community.” “I never knew what mine was. People will stop and say that I’ve made their day. I just praise and thank the Lord.”



We are often surrounded by more good than bad, but sometimes we have to stop, take notice and lend a hand to make where we live a unique and better place.

SENSE OF COMMUNITY

A black and white photograph of a man, Clifford Smith, standing on a sidewalk. He is wearing a light-colored shirt, dark pants, and a wide-brimmed hat. He is waving his right hand enthusiastically towards the camera. In the background, a street with cars and houses is visible.

Clifford Smith waves the entire time he walks N. Saginaw Street each morning. Honks from passing cars bring an enthusiastic double wave.

“They say **you have a calling in life.** I never knew what mine was. People will stop and say that I’ve made their day. I just praise and thank the Lord.

Clifford Smith, 69, of Flint said he saw three guys eyeing him while he was vacationing in Memphis, Tenn. “As I walked by them, I said “You guys picking

kindness • community spirit • volunteerism • character • individualism • teaching • leadership • role modeling • selflessness • neighborliness
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Courtesy Photos | Steve Jessmore and J. Scott Park/MLive Media Group

Central Michigan University alumnus Steve Jessmore recently won the Michigan Press Photographers Association Lifetime Achievement Award. Over the course of his career he has earned accolades for his nature photography (above, left), photojournalism (above, right), portraiture and images related to higher education (below).



Dancing for identity

CMU senior choreographs dance to share coming-out story

Story and photos by Jo Kenoshmeg
Staff photographer

Mahlea Maresh has a message.

"To people who don't consider themselves traditional dancers, please don't ever be afraid to dance. ... It helps you express who you are," she said. "Dance for you, don't dance for anyone else."

Mahlea Maresh is a musical theater major and a third-year student at Central Michigan University who is graduating in May.

Maresh identifies as a member of the LGBTQ+ community. She discovered that part of herself over a year ago, and created a cabaret to show her story through musical theater, singing and dancing. She was inspired to create this because she is new to the community and wants to help other people to be able to discover themselves and have someone to relate to.

Maresh, her girlfriend Mary Green and a group of their friends staged the cabaret on April 12 in the Townsend Kiva. The cabaret was for her Senior Capstone Project.

A highlighted part of the cabaret is a dance she choreographed over the course of six months, beginning in November. The dance will be performed May 3 in Rose 127. This dance involved two other LGBTQ+ dancers at CMU, including Junior Abby Nagy and a second dancer who wished to remain unnamed.

The contemporary pieces Maresh choreographed include: a trio featuring Maresh, Nagy and the third dancer to "You Might Not Like Her" by Maddie Zahm; a solo by Nagy to "Matilda" by Harry Styles; and a solo by the third dancer to "We'll Be Fine" by Luz.

The goal of the group dance was to show how each member could come together to create a cohesive story.

"I wanted to be able to express each individual person's story, like coming into the LGBT community and their feelings behind it," Maresh said.

She came out a little over a year ago and wanted to choreograph a dance that showed her story. According to Maresh,

"It's been a big part of my life," when talking about her identity as a member of the LGBT community.

Maresh encountered many obstacles when choreographing three dances. Her main focus was to show the LGBTQ+ community in a creative and fun way. Her dances were to show how people are different but come together when in the community.

"I wanted a lot of individuality with representing how we're unified as well," Maresh said.

An obstacle Maresh faced when choreographing the dances was creating a visually interesting dance while remaining true to each dancer's story.

"I did face quite a few roadblocks in choreographing," she said. "I was really focusing on how I could represent these stories accurately without using words and just movements; and that was really hard to do."

Most of the issues Maresh came across were mental challenges, which led to the performance showcase being delayed. The original plan was to perform in December, but due to changes in the dance and Maresh living in Ionia -- more than an hour away from CMU -- it was moved to April.

In order to make sure the dances were as authentic as possible to each performer's coming out story, Maresh made sure to talk to dancers about their personal experiences before planning choreography. She learned their preferred styles, as well as their journey to becoming part of the LGBTQ+ community. She learned a lot about herself and her dancers throughout this process.

Maresh said, "I've found out how amazing these girls are, and how friendly the people in the community are."

The group dance was designed to show how people can be united through stories and experiences. It also shows how people go through similar challenges and are not alone.

"This dance symbolizes who we are and the challenges we've had to face, but realizing that, no matter what, it was worth it to just be who we are," Maresh said. "Even if you feel alone, you do have people be-



Ionia Senior Mahlea Maresh reaches out to the audience while dancing Wednesday, April 12, in the Townsend Kiva. This dance was part of the Drama in the Drama Department Cabaret, and will also be performed May 3 in Rose 127.

Do whatever feels good, there is no right or wrong answer

Mahlea Maresh
CMU senior

hind you. Do not be afraid to just be you."

The moral of the dance was for people to know that everything will work out in the end.

"I hope that people learn that no matter what they go through, it is going to be OK," Maresh said.

This dance and performance as a whole was intended to be a way to offer something for the audience to relate to -- tender and raw moments, alike.

Maresh said, "I really love when dances have those raw moments of connecting with the audience to get the point across."

As for dancing in general, it is a good way to express emotions and tell stories. Anyone can dance, in any way, there is no correct way to dance if it is for expressing emotions and having fun, Maresh said.

"Do whatever feels good, there is no right or wrong answer," Maresh said. "Every single movement tells a story."



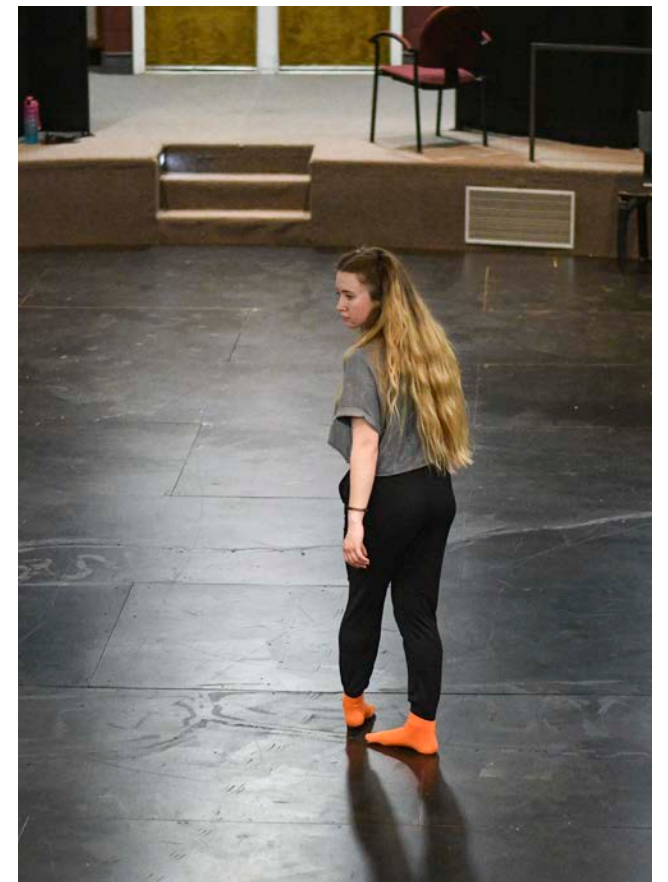
Ionia senior Mahlea Maresh gets ready to show the new part of the dance she choreographed Wednesday, March 1 in the Moore Hall Movement Studio.



Ionia senior Mahlea Maresh, right, Abby Nagy, middle, and the unnamed dancer, left, prepare to rehearse their dance Wednesday, March 1 in the Moore Hall Movement Studio.



Ionia senior Mahlea Maresh, right, puts her hands on Frankenmuth junior Abby Nagy's shoulder during the group dance Wednesday, March 22 in the Moore Hall Movement Studio.



Ionia senior Mahlea Maresh looks off at her dancers as she shows them where to begin the dance Wednesday, April 5, in the Townsend Kiva.

SPORTS



CMU women's basketball announces Kristin Haynie as new head coach

By Kaia Zimmerman
Assistant Sports Editor

On Thursday, Central Michigan Athletics held an event announcing that the former Michigan State University assistant coach, Kristin Haynie, will take on the role of head coach for CMU women's basketball.

"I'm new to being a head coach, but I'm not new to winning," Haynie said in a press conference. "I want to thank the previous coaches here at CMU, staff and administration for all your work leading to this point, specifically, you know, to Coach (Sue Guevara), who has been an amazing influence in both my personal life and professional life."

Haynie is excited to take on the new role and is focusing on building the program and getting to know the community around it.

"It feels surreal," Haynie later said in an interview. "Honestly, (it) hasn't hit me yet. I've been on the go the past 48 hours. You know, it's been great to just get to know the team, have meetings with them. And then I'm looking forward to even just getting out in the community and just giving back to the special community. And I wish the season started next month, but we got to wait a few months."

This will be her first head coaching role after being an assistant for three different colleges including Eastern Michigan, CMU and MSU.

"I've had great mentors," Haynie said. "You know, the last couple programs I've been at, with Coach Suzy Merchant and Sue Guevara, they've prepared me to be here. They prepared me to be a head coach, and not only on the court, but off the court too. They are wonderful human beings. I will have that relationship with them till the end ... I'm just definitely excited. I've learned a lot from them, and I'll take my coaching from what they taught me."

Haynie was an assistant coach for CMU under Guevara from 2014-17, helping the Chippewas to a Mid-American Conference Championship in 2017.

"She was with us for three years, and we did pretty well through it," Guevara said. "And she was a part of that because our point guards were so good. And I'm just really happy that she's coming back. She



Kristin Haynie, center, poses with former Michigan State women's basketball coach Suzy Merchant, left, and former CMU women's basketball coach Sue Guevara, right, during CMU's women's basketball head coach announcement on Thursday, April 20 in the Chippewa Champions Center. Haynie assistant coached at CMU with Guevara for three years and Michigan State with Merchant for four years.

Marie Underwood | Staff photographer

knows the formula that it takes. She knows this community (and) how important this community is."

Guevara added that because Haynie has the experience and has coached in a lot of places, it will bring new athletes to CMU in the upcoming years.

"I think because she went away to Michigan State and recruited probably a little wider than what we did here, she's made a lot of contacts," Guevara said. "So she's got (a) really good name recognition because players make you a good coach. Your assistant coaches help you develop the talent, but you got to get it here first."

"We don't get five-star kids here. We don't get four-star kids here. We get one, two or three, or maybe no stars, but we get the kids with the hearts. And those

are the kids that we have to get. Those are the kids that we develop, that want to be in that gym, that want to work. We have workers and that's what (Haynie) is, she's a worker."

Following her assistant role with CMU, Haynie then moved on to become the assistant for MSU under Merchant from 2019-23, who previously played at CMU. In early March of this year, Haynie was given an assistant coaching role at the Minnesota Lynx, and was there for a month before accepting the role at CMU.

Before taking a coaching position, Haynie also played college basketball with the Spartans, where she had the most assists and steals in MSU women's basketball history.

Following her career with the Spartans,

Haynie was picked ninth overall in the 2005 WNBA Draft. She was a part of the 2005 WNBA Championship team with the Sacramento Monarchs.

In attendance for Haynie during the announcement was her wife and daughter, along with her parents, grandparents and friends.

"It's emotional," Haynie said. "It's amazing for them to drive up here. I know a few people (switched) meetings around and everything, so it's amazing for their support. I can't thank them enough, I can't even put it into words. You know, they're my people. And I'm so excited that they're here."





Indian night

Ella Miller | Staff Photographer

Dancers perform at Indian Night on Saturday, April 22, in McGuirk Arena. The crowd enthusiastically cheered throughout their performance.

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Attention Cottage, Condo, Vacation Homeowners. Advertise your Vacation Rental Properties with Community Papers of Michigan's Michigan MegaMarket Classified Network. Reach over 1.2 million households per-week with your in-state or out-of-state vacation rental ad. Call 1-800-783-0267 Ext. 1 for details.

HELP WANTED

Part time temporary work doing lawn care. Choose from time slots that work for you Monday through Friday. More about our company mission and possible interview to work for us and serve our customers by texting or calling Dennis: 313.580.8181

FURNITURE

Adjustable Bed Brand New with mattress. Made in U.S.A., in plastic, with warranty. Retail cost \$3,995, sacrifice for \$875. Call for showing or delivery: DanDanTheMattressMan.com 989-615-2951.

An Amish Log Headboard and Queen Pillow Top Mattress Set. Brand new-never used, sell all for \$375. Call anytime 989-923-1278

Amish Log Beds, Dressers, Rustic Table and Chairs, Mattresses for Cabin or Home. Lowest price in Michigan! DanDanTheMattressMan.com 989-923-1278

PETS

AKC REG. COCKER SPANIEL PUPS NEW Big Litters! 50% OFF!!! shots & wormed 920-563-3410 mornings (#268588)

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DISH Network: Only from Dish — 3-year TV Price Guarantee! 99% Signal Reliability, backed by guarantee. Includes Multi-Sport with NFL Redzone. Switch and Get a FREE \$100 Gift Card. Call today! 1-866-950-6757.

FREE high speed internet for those that qualify. Government program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxsip Telecom today! 1-866-783-0224.

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MISCELLANEOUS

Prepare for power outages today with a GENERAC home standby generator \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-855-922-0420.

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation quote today. Call 1-855-476-9698.

AUCTIONS

Live Equipment Auction May 6, 1848 North Townline Road Gaylord, MI 49735 Tractors, Farm equipment, Utility fleet vehicles, International dump truck, Big Tex 33', Tools, Local farm estates, Recreational vehicles. www.MichiganAuction.com

Multiple Online Auctions Now Open! Kubota, John Deere, Jeeps, UTVs, Trailers, Firearms, Ammunition, Tools, Hunting, Sporting. Shipping/inspection available. Bid From Anywhere/Anytime johnpeckauctions.com Interested In Selling? Call John Peck 989-345-4866

Online Bidding on Multiple Estate Auctions and very nice Mecosta County home or vacation getaway on the Muskegon River. Two bedrooms, one bath, two car garage, more! Details at: bid.sherwoodauctionservice.com 1-800-835-0495

POND AND LAKE

Pond/Lake Weed Removal Tools (The #1 alternative to chemicals.) Performs C.P.R. Cuts-Pulls-Rakes. Michigan Veteran Made. Still \$150.00, no price increase! 989-529-3992. WeedgatorProducts.com

BUSINESS SERVICES

Caring for an aging loved one? Wondering about options like senior-living communities and in-home care? Caring.com's Family Advisors are here to help take the guesswork out of senior care for you and your family. Call for your FREE, no-obligation consultation: 1-833-667-1055

BUSINESS SERVICES

BUILT RITE POLE BUILDINGS State-wide, 24x40x10=\$17,700.00, 30x40x10=\$19,900.00. Erected on your site. Call for price not shown on any size building or go to www.builttritepolebuildings.net 989-259-2015 Days 989-600-1010 Evenings.

METAL ROOFING regular and shingle style, HALF OFF SPECIAL COLORS! Lifetime asphalt shingles. Steel and vinyl siding. Licensed and insured builders. Pole Buildings. Quality work for 40 years! AMISH CREW. 517-575-3695.

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Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-844-369-2501



2023 URec Student Banquet



Congratulations to all graduates...

Bradley Caitlyn Ogo Bruno Daniel Zoe Brandon Isabel Mecha Jade Grace A. Noah Emma Hannah
Kendal Maggie Marisa Jason LeVale Chloe Reid Raegen Maria Anupom Grace J. Tori



and our 2023 award winners!

"WE INSPIRE ENGAGEMENT"

Ride for FREE!

NO FARE IS COLLECTED AT ▲ & 🏠 BUS STOPS

These stops are pre-paid, sponsored by our many partner organizations!

MAROON

Southpoint/Winchester	:15	:45	EVERY 1/2 HOUR
Village at Bluegrass	:21	:51	EVERY 1/2 HOUR
University Meadows	:25	:55	EVERY 1/2 HOUR
Union Square	:29	:59	EVERY 1/2 HOUR
Target			UPON REQUEST
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR
Washington/Ojibway	:44	:14	EVERY 1/2 HOUR
Anspach/Pearce	:45	:15	EVERY 1/2 HOUR
Ronan/Grawn	:47	:17	EVERY 1/2 HOUR
Main St./Gaylord	:48	:18	EVERY 1/2 HOUR
MMC/DOAN CENTER			UPON REQUEST
Washington/Clayton	:05	:35	EVERY 1/2 HOUR
Larzalere	:06	:36	EVERY 1/2 HOUR
Wightman	:07	:37	EVERY 1/2 HOUR
Park Library	:08	:38	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:12	:42	EVERY 1/2 HOUR

GOLD

SAC/McGuirk	:13	:43	EVERY 1/2 HOUR
Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

DEERFIELD

TOWERS @7/11	:15	:45	EVERY 1/2 HOUR
Deming Edgewood	:16	:46	EVERY 1/2 HOUR
Westpoint Village	:18	:48	EVERY 1/2 HOUR
Deerfield Village	:20	:50	EVERY 1/2 HOUR
Lexington Ridge	:25	:55	EVERY 1/2 HOUR
Theunissen Stadium Lot#70	:27	:57	EVERY 1/2 HOUR
Commuter Lot #75	:29	:59	EVERY 1/2 HOUR
SAC/McGuirk	:30	:00	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

EFFECTIVE AUGUST 2022

COMMUTER SHUTTLE:

MONDAY - FRIDAY 7:00 AM - 7:00 PM

8:00PM & 10:30PM RETURN FROM PARK LIBRARY TO APT. COMPLEXES ONLY

REQUEST STOPS: ○ REGULAR FARE \$2.00

EVERY HALF HOUR SHUTTLE STOPS:

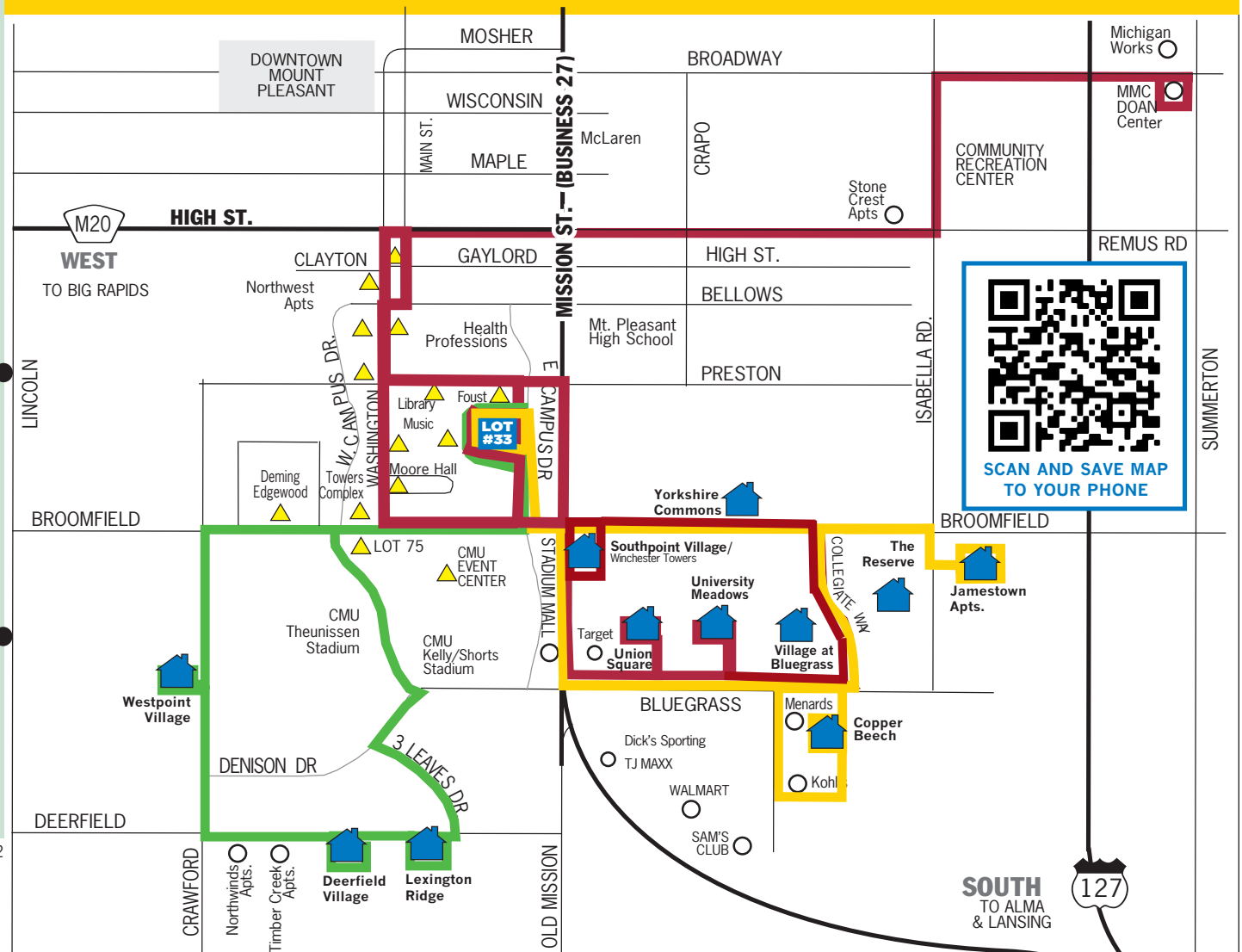
▲ BUS STOPS

No fare collected/prepaid stops by contract with our partners

🏠 APARTMENT COMPLEX STOPS

Rides for residents prepaid by complex

COMMUTER SHUTTLE ROUTES



BE SEEN!
Step to the curb and wave

I Ride

ictcbus.com

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COMMUTER SHUTTLE OPERATES LATE AUGUST THROUGH EARLY MAY
WHEN CMU CLASSES ARE IN SESSION



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ALICE COOPER
TOO CLOSE FOR COMFORT
FRIDAY, APRIL 28 | 8:00PM
SOLD OUT



CHICAGO
FRIDAY, MAY 5 | 8:00PM
SOLD OUT



BOBBY PULIDO
WITH SPECIAL GUEST GARY HOBBS
SATURDAY, MAY 6 | 8:00PM
\$20, \$35, \$55



TACOS & TEQUILA
SATURDAY, MAY 13 | 7:30PM
\$75 GA.



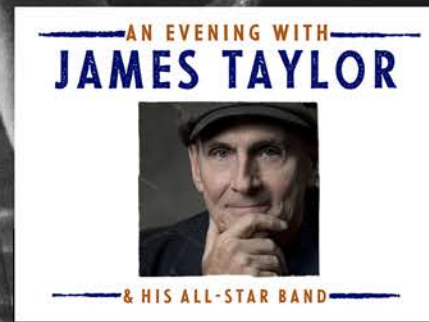
GODSMACK
WITH SPECIAL GUESTS
BULLET FOR MY VALENTINE & BAD WOLVES
FRIDAY, MAY 26 | 8:00PM
\$28, \$48, \$72, \$83



JELLY ROLL & WILLIE NELSON
WITH SPECIAL GUEST ERNEST
SATURDAY, MAY 27 | 7:00PM
SOLD OUT



BROOKS & DUNN
WITH SPECIAL GUEST SCOTTY MCCREERY
THURSDAY, JUNE 15 | 8:00PM
\$41, \$116, \$138, \$152



JAMES TAYLOR
AN EVENING WITH
JAMES TAYLOR AND HIS ALL-STAR BAND
FRIDAY, JUNE 23 | 8:00PM
\$36, \$81, \$98, \$114

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